My Meal Plan

First meal:

_____________________ carbohydrate choices or ______________________ grams of carbohydrate

carbohydrate(s): ________________________________________________________

vegetable(s): __________________________________________________________

protein (meat, poultry, fish, eggs, cheese or peanut butter): ___________________________

fat(s): ___________________________________________________________________

Snack:

_____________________ carbohydrate choices or ______________________ grams of carbohydrate

Second meal:

_____________________ carbohydrate choices or ______________________ grams of carbohydrate

carbohydrate(s): ________________________________________________________

vegetable(s): __________________________________________________________

protein (meat, poultry, fish, eggs, cheese or peanut butter): ___________________________

fat(s): ___________________________________________________________________

Snack:

_____________________ carbohydrate choices or ______________________ grams of carbohydrate

Third meal:

_____________________ carbohydrate choices or ______________________ grams of carbohydrate

carbohydrate(s): ________________________________________________________

vegetable(s): __________________________________________________________

protein (meat, poultry, fish, eggs, cheese or peanut butter): ___________________________

fat(s): ___________________________________________________________________

Snack:

_____________________ carbohydrate choices or ______________________ grams of carbohydrate

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